

AMENDED IN ASSEMBLY APRIL 28, 2005

AMENDED IN ASSEMBLY APRIL 19, 2005

Senate Concurrent Resolution

No. 33

Introduced by Senator Torlakson

(Coauthors: Senators Cox, Ducheny, Kuehl, and Speier)

(Coauthors: Assembly Members Dymally, Jones, Nakanishi, Pavley, ~~and Salinas~~ *Salinas, Aghazarian, Arambula, Baca, Bass, Benoit, Berg, Bermudez, Blakeslee, Bogh, Calderon, Canciamilla, Chan, Chavez, Chu, Cogdill, Cohn, Coto, Daucher, De La Torre, DeVore, Emmerson, Evans, Frommer, Garcia, Goldberg, Hancock, Harman, Jerome Horton, Shirley Horton, Houston, Karnette, Keene, Klehs, Koretz, La Malfa, Laird, Leno, Leslie, Levine, Lieber, Liu, Matthews, Maze, McCarthy, Montanez, Mountjoy, Mullin, Nation, Nava, Negrete McLeod, Niello, Nunez, Oropeza, Parra, Plescia, Richman, Ridley-Thomas, Sharon Runner, Ruskin, Saldana, Spitzer, Strickland, Torrico, Tran, Umberg, Vargas, Villines, Walters, Wolk, Wyland, and Yee*)

March 17, 2005

Senate Concurrent Resolution No. 33—Relative to California Fitness Month.

LEGISLATIVE COUNSEL'S DIGEST

SCR 33, as amended, Torlakson. California Fitness Month.

This measure would proclaim May 2005, as California Fitness Month, and encourage all Californians to enrich their lives through proper diet and exercise.

Fiscal committee: no.

1 WHEREAS, Exercise and fitness activities can increase
2 self-esteem, boost energy, strengthen the heart and muscles, burn
3 calories, and improve cholesterol levels; and

4 WHEREAS, Exercise and fitness activities are excellent ways
5 to relieve stress, lower the risk of heart disease and diabetes,
6 prevent bone loss, and decrease the risk of some cancers; and

7 WHEREAS, A person's fitness level has a dramatic effect on
8 the body's ability to produce energy and to reduce fat; and

9 WHEREAS, A fit person burns a higher percentage of fat not
10 only during activity, but also at rest, fit people have a higher
11 proportion of muscle tissue, which burns more calories than fat,
12 and those with more muscle mass can eat more calories and still
13 maintain a healthy weight; and

14 WHEREAS, To lose weight and keep it off, one should do an
15 enjoyable, moderate-intensity aerobic activity for 30 to 60
16 minutes, three to five times a week; and

17 WHEREAS, A person should also do muscle-strengthening
18 exercises two or three times a week and should concentrate on
19 maintaining a balanced diet; and

20 WHEREAS, Most popular diet programs cannot produce
21 long-lasting weight reduction results without exercise; and

22 WHEREAS, There is no age limit for physical activity.
23 Among the elderly, exercise provides cardiovascular, respiratory,
24 neuromuscular, metabolic, and mental health benefits; and

25 WHEREAS, Fitness activities have been shown to sharpen
26 mental ability in all people and to retard the aging process; and

27 WHEREAS, Maximizing one's energy level, increasing
28 muscle mass, and reducing body fat increases one's chances of
29 living a longer, healthier life; and

30 WHEREAS, More than 60 percent of American adults do not
31 get the recommended amount of physical activity, and 25 percent
32 of American adults are not active; and

33 WHEREAS, Nearly all American youths from 12 to 21 years
34 of age are not vigorously active on a regular basis; and

35 WHEREAS, The rate of Type 2 diabetes has tripled among
36 American children during the last five years; and

37 WHEREAS, The United States Surgeon General recently
38 spoke about the "cultural transformation" necessary to reverse
39 the negative health effects of childhood obesity, and the threat to
40 national security that obesity poses for the country; and

1 WHEREAS, The State Department of Education reports that a
2 majority of California's children are not physically fit; and

3 WHEREAS, Along with California Fitness Month, the
4 American Heart Association has declared May 2005 to be Stroke
5 Awareness Month and will be collaborating in engaging
6 Californians in fitness and health-related activities; and

7 WHEREAS, The California Bicycle Coalition, the Sacramento
8 Area Council of Governments, and numerous local organizations
9 are coordinating public awareness events to promote
10 Bike-to-Work Week, May 16-20; and

11 WHEREAS, Health care providers, insurance companies,
12 fitness clubs, and others in the private sector will be collaborating
13 to promote fit living and health improvement activities during
14 May of 2005; and

15 WHEREAS, The Legislature seeks to advance the physical
16 fitness of all Californians by educating them about the benefits of
17 exercise and a balanced diet; and

18 WHEREAS, The Legislature will increase public awareness
19 about the benefits of exercise and physical fitness by encouraging
20 its members to host events in their districts that stimulate
21 physical fitness and increase participation by Californians in
22 activities that promote physical health and benefit both mental
23 and physical well-being; and

24 WHEREAS, The Legislature encourages its members, as well
25 as organizations, businesses, and individuals, to sponsor and
26 attend physical fitness events that are informative, fun, and result
27 in a number of Californians becoming physically fit; now,
28 therefore, be it

29 *Resolved by the Senate of the State of California, the Assembly*
30 *thereof concurring*, That the Legislature hereby proclaims the
31 month of May 2005, as California Fitness Month, and encourages
32 all Californians to enrich their lives through proper diet and
33 exercise; and be it further

34 *Resolved*, That the Secretary of the Senate transmit copies of
35 this resolution to the author for appropriate distribution.

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